

made of the same energy, it follows that the client's subjective reality reflects an underlying unity with the universe. A quantum approach to consciousness provides an experiential pathway (practice) by which one can begin to perceive and relate to a universe in which the "facts" of observer-created realities and the inherent interconnectedness of all things are recognized and experienced (Wolinsky 1993). This is accomplished with progressive exercises, which assist the individual to see how our experience is observer-constructed and can be deconstructed through the same observer processes. Identity, self, is seen as a set of deep trance phenomena that can be assimilated, thus allowing discovery of what is behind them. Boundaries between foreground and background disappear and all is experienced as Self, Void, or Essence. However, what matters most is not the method or content but the state of consciousness commensurate with the practice. As has been well documented, mystical sensibility parallels Hemi-Sync's Focus states (Atwater 1999). Spiritual acumen accompanies this kind of state-dependent learning.

As previously noted, the work commences with a practice to oust identity/persona/ego from the driver's seat. I initially employed Locale I, Focus 10 and Focus 12 (*GATEWAY EXPERIENCE, Wave I, Release and Recharge*, or *METAMUSIC*), while recapitulating or doing quantum psychology exercises (Wolinsky 1993, 1994). More recently, my work while reabsorbing identity has extended into explorations in Locale II, Focus 21 and 27 (*GATEWAY EXPERIENCE, Wave VII, Free-Flow 21*, and *LIFELINE*). As this transformation proceeds, a connection through Soul to the Higher Self begins to become more evident. Many names have been given to this unfolding: the Toltecs speak of connecting with intent or burning with the fire from within, the kabbalists of cleansing the vessel, and The Monroe Institute of exploring other energy systems. Energy body training (Bruce 1999), contact with guides, and education about chakras is of particular assistance at this juncture. Practices utilizing the *GATEWAY EXPERIENCE, Wave VII*, and the *OPENING THE HEART* series have been of significant benefit. The final level for this section of the path of finding out who you are—of becoming whole—engages issues surrounding prior lives, soul retrievals, and Dolphin Energy. So far my exploration has involved the *GOING HOME* series and the residential *LIFELINE* program. It must be made clear though that the steps are often not orderly, and of themselves are not always sufficient for progress to occur. Growth is punctuated with peak experiences and even regression at times. Yet, through practice, the spiritual Self is continually experienced. Nothing is wasted; all leads to a method that allows the therapist to help him- or herself while helping others; is this not why most of us chose our professions in the first place?

To illustrate this healing journey of discovery, the experi-

ences of client and provider will be highlighted. The key question that kept coming to mind in the therapeutic process, often unbidden, was "and what am I supposed to do with *this*?" The first encounter I would like to share involves a client we have seen before, G.V. (Chaikin 2001); now a fifty-two-year-old female, with insulin-dependent diabetes and a history of stroke that caused a mild decrease in concentration and vision. She was originally seen for depression due to job stress.

She had made exceptional progress by working with the *OPENING THE HEART* series, at my office initially and then almost daily at home each morning. The particular session I'd like to present involved the client's being "connected" (Chaikin 2001) to a medical student, instead of myself. Her task was to send a message to the student, to demonstrate for herself how we relate at different vibratory levels. When in

Focus 21 (utilizing the *GATEWAY EXPERIENCE, Wave VII, Introduction to Focus 21*), the client reported "a dream or image" from C1 reality "where I saw the student riding a motorcycle. It was a Harley." The student, who was himself dealing with role and identity issues stated, "I always wanted a motorcycle, but was unable to get one." When asked what kind, he replied, "A Harley." He then proffered that while in 21, he had "kept having an image of the patient as a young girl jumping rope joyfully." G.V. reported that she worked with the *OPENING THE HEART* CDs each morning and her "experience of joy and love was being projected to the student" as her assigned task. The client said, "I never rode a motorcycle, don't know anyone who owns one, nor have any desire for one." G.V. found the connection with the student "very validating of her spiritual work and her search for compassion."

The next week, upon returning for her appointment, she disclosed that "as a child I was happy, carefree, and was always jumping rope" and laughed.

The next case, B.W., is a forty-three-year-old man, followed for depression and obsessional anxiety associated with significant obesity. No modality attempted had been able to relieve this gentleman's symptoms. He had been involved in psychotherapy, an eating disorders program, and biofeedback, and he was taking medication with minimal success. One day, after being told about my own despair and subsequent transcendence by connecting to spirit, B.W. revealed that he had a deep conviction regarding his faith that he had never told to anyone. We discussed Hemi-Sync and I suggested an experience, which he readily accepted. After an introduction to centered calm (*OPENING THE HEART*, disc 1), we continued with disc 2 in the second session. During the time when the instruction was given to extend love, the therapist went to Focus 12 to interact with the client. Through the imagery of the Energy Bar Tool, I intuited an anomaly in the client's crown chakra. A regimen using the mental construct of Dolphin Energy was initiated to revitalize the system. Upon returning to C1, the client was asked how his experience had gone. For the first time since treatment had begun, B.W. smiled and said: "Nothing! I wanted to try too hard, then I experienced for the first time being totally relaxed. I suddenly understood everything you've been trying to tell me about control of my mind. I'm not going to quit. This is the first time I know that I'm smart enough. I feel happy. I feel like I can do this." The therapist embraced the client and said, "Once the door is open you can never go back. The only way is up." B.W. left happy and grateful saying, "This is what I always wanted." The client continues to feel significantly better.

In "Enhanced Intuitive Psychotherapy" I also talked about being able to use Hemi-Sync to coordinate states of consciousness—in effect, reading my client's thoughts. I've experienced many things that defied ordinary explanation and led to a deeper understanding of who I am. The other day a client I'll call C.J. came in, and we were working with the *GOING HOME* series—touring the Interstate of Consciousness. We were coming back from Focus 27 to 22. When C.J. came out into C1 he looked very concerned and said, "You know, I feel like I brought something back from between Focus 27 and 22." He wouldn't say anything more. So I gave him my copy of *Wave 7* with Focus 21 and said, "Go back and take a look. See if something stands out and e-mail me tomorrow." I didn't hear from him the next day. By the second day, I started to worry and e-mailed C.J. about 2:40 P.M. I got an immediate response stating that he was e-mailing me at that very moment. He went on to say that he had played cards with his daughter the night of our session and he won every hand! I said, "Boy, that's unusual." He replied, "I felt like I knew every

